

# Cardiovascular Disease Mortality and Risk Factors

## *in the Southwest Nebraska Public Health Department Region*

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### **Southwest Nebraska Public Health Department**

#### **Counties:**

(Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins, and Red Willow)

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Age-adjusted mortality rates for total cardiovascular disease, heart disease, and sudden cardiac death in the Southwest District HD region are slightly lower than those for all Nebraska residents. Consistent with adults in many Nebraska health districts, males, compared to females in the Southwest region are less likely to consume five or more servings of fruits and vegetables daily and more likely to smoke cigarettes. The percentage of adults (between the ages of 18-64) in the Southwest region that do not have any health care coverage (17.8%) is significantly greater than the statewide percentage (11.7%), ranking 16<sup>th</sup> highest out of the 18 health departments presented in this report. Furthermore, adult males in the Southwest region rank lowest (at 8.3%), out of 18, in consuming five or more servings of fruits and vegetables daily, a significantly lower percentage than for adult males statewide (14.6%). Adults in the Southwest region rank low in the percentage that have had a blood cholesterol screening in the past five years, but not significantly different from the state as a whole (60.7% and 65.4% respectively).

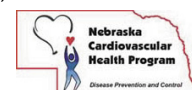
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#### **Regionally specific supplement to:**

*Cardiovascular Disease Mortality and Risk Factors by Nebraska's Local Public Health Department Regions.* Lincoln, NE: Nebraska Health and Human Services System, Department of Health and Human Services, Offices of Disease Prevention and Health Promotion; 2005

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# Southwest Nebraska Public Health Department

## Demographic Composition

Counties	Average age	Education	Race / Ethnicity		
Chase, Dundee, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow	40.7 years	H.S Grad / GED or higher	86.5%	Number	Percentage
Total population	Median income	Baccalaureate / Graduate degree	15.9%	White, non-Hispanic	32,475 96.6%
33,610	\$31,999			Minority	1,135 3.4%

Source: 2000 Census

## Mortality and Risk Factors

### Mortality Due to Cardiovascular Disease Among Residents in Southwest Nebraska Public Health Department by Gender, 1999-2003

Cause of Death %	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	
Total Cardiovascular Disease	839	287.4	19.4	394	363.7	35.9	445	228.2	21.2	1.59 <sup>+</sup>
Heart Disease	595	205.2	16.5	293	271.6	31.1	302	153.5	17.3	1.77 <sup>+</sup>
Sudden Cardiac Death	298	102.3	11.6	157	146.4	22.9	141	68.3	11.3	2.14 <sup>+</sup>
Stroke	176	60.1	8.9	73	66.6	15.3	103	54.6	10.5	1.22

Source: Nebraska Vital Records

<sup>+</sup> The age-adjusted rate for males is significantly higher than the rate for females (p < 0.05)

### Risk Factors for Cardiovascular Disease Among Adults in Southwest Nebraska Public Health Department by Gender, 1995-2003

CVD Risk Factors	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	
<sup>1</sup> Current Cholesterol Screening	355	60.7	6.3	136	56.6	10.2	219	64.3	7.7	0.88
<sup>2</sup> Diagnosed Diabetes	638	5.9	1.9	239	7.1	3.4	399	4.9	2.1	1.44
<sup>3</sup> 5-a-day Consumption	400	17.1	4.1	150	8.3 <sup>--</sup>	4.6	250	23.9	6.1	0.35 <sup>-</sup>
<sup>4</sup> Diagnosed High Blood Cholesterol	247	28.2	6.3	89	22.9	9.8	158	32.5	8.0	0.70
<sup>5</sup> Diagnosed High Blood Pressure	364	24.4	4.9	139	23.0	7.8	225	25.7	6.1	0.89
<sup>6</sup> No Health Care Coverage, 18-64	438	17.8 <sup>++</sup>	4.6	171	19.4	7.9	267	16.4 <sup>++</sup>	5.1	1.18
<sup>7</sup> Obese	607	19.8	3.5	234	22.7	5.9	373	17.5	4.3	1.30
<sup>8</sup> No Leisure Time Physical Activity	549	26.2	4.3	205	28.4	7.1	344	24.4	5.2	1.16
<sup>9</sup> Current Cigarette Smoking	638	19.8	3.7	239	25.5	6.5	399	15.0 <sup>--</sup>	4.1	1.69 <sup>+</sup>

Source: Nebraska Behavioral Risk Factor Surveillance System

<sup>++</sup> The percentage is significantly higher (p < 0.05) than all other Nebraska HDs

<sup>+</sup> The lower bound of the 95% confidence interval for the risk ratio is greater than 1.0

<sup>--</sup> The percentage is significantly lower (p < 0.05) than all other Nebraska HDs

<sup>-</sup> The upper bound of the 95% confidence interval for the risk ratio is less than 1.0

% Specific ICD-10 Cause of Death Codes may be found in the Methodology Section of this Report

<sup>a</sup> Documented number of deaths from each cause between 1999 and 2003

<sup>b</sup> Average annual age-adjusted rate per 100,000 population (2000 U.S. standard population)

<sup>c</sup> Margin of error (me) at 95% confidence, interpreted as plus/minus the relevant age-adjusted rate or weighted percentage

<sup>d</sup> Relative Risk is the male to female rate ratio (for mortality) and percentage ratio (for risk factors)

<sup>e</sup> Non-weighted sample size for each risk factor

<sup>f</sup> Percentage weighted by gender and age to reflect Nebraska's population (using CDC's BRFSS weighting methodology)

<sup>1</sup> Percentage of adults reporting that they had their cholesterol checked within the 5 years preceding the survey

<sup>2</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that they have diabetes (excluding gestational diabetes)

<sup>3</sup> Percentage of adults reporting that they consume 5 or more daily servings of fruits and vegetables

<sup>4</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that their blood cholesterol is high, among those that have ever had it checked

<sup>5</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or other health professional that their blood pressure is high

<sup>6</sup> Percentage of adults, 18-64, reporting that they do not have any kind of health care coverage, including health insurance, prepaid plans such as HMO, or governmental plans

<sup>7</sup> Percentage of adults body mass index value of 30 or greater (based on self-reported height and weight)

<sup>8</sup> Percentage of adults reporting that, other than their regular job, they did not participate in any physical activities or exercises during the 30 days preceding the survey

<sup>9</sup> Percentage of adults that have smoked at least 100 cigarettes during their lifetime and currently smoke cigarettes every day or on some days